**Problem Statement**

Recent research on sleep disorders has addressed issue of obesity being a large factor to induce sleeping disorders. With obesity being an obvious influence, I would like to take this opportunity to discuss how normal body masses can become affected with sleeping disorders as well.

**Lit Review (step 2)**

Although obesity is a reasonable cause for some sleep disorders due to extra stressors on the internal organs, specifically the lungs, “normal” body masses are just as subject to have a sleep disorder. For example, one of the main symptoms of most sleep disorders are enlarged adenoids. While adenoids help fight off bacteria and fight infection, it is very easy for them to become enlarged producing high amounts of snoring (kidshealth.org) {(not really sure how to cite this)} Inflamed adenoids are also highly likely to cause shortage of breath when asleep; this is known as sleep apnea.

**Body Step 3**

There are other main causes for sleep disorders as well. Stress is a high factor when one is trying to sleep. When the mind is too focused on a problem, this interrupts the minds sleeping patterns. Otherwise, instead of your brain telling you to fall asleep, it’s telling you to stay awake. This itself is very high in insomniacs; thus being why they cannot sleep. Another cause for sleep disorders is alcohol usage. Alcohol is considered a depressant because it slows the breathing, reaction time, and also relaxes the muscles. Many people who consume alcohol eventually fall asleep from it because of its effects. Now if a person were to abuse this substance, not only would they be considered an alcoholic they could develop insomnia due to the infrequent sleep patterns. If that person would pass out from a binging in the middle of the day, they would likely not be as tired when it comes to natural resting times. This would then mess up their biological clock.